

2025 Editorial Calendar

Engagement campaigns

Monthly for members,
Quarterly for managers

Webinars

Full descriptions & links appear on the following page

JANUARY	Reset your energy	1/8	Recharge your mental wellbeing
FEBRUARY	Adapt to change	2/12	Manage stress in uncertain times
MARCH	Invest in rest	3/12	Prioritize sleep to boost your wellbeing
<i>Managers:</i>	<i>Thrive as a leader</i>	<i>3/26</i>	<i>Thrive at work: A guide to wellbeing for leaders</i>
APRIL	Be a mental health ally	4/9	Support loved ones with mental health concerns
MAY	Practice healthy social media use	5/14	Recognize the influence of artificial intelligence and social media on mental health
JUNE	Prioritize your needs	6/11	Foster healthy relationships by setting appropriate boundaries
<i>Managers:</i>	<i>Choose work-life satisfaction</i>	<i>6/25</i>	<i>Lead with balance to achieve work-life harmony</i>
JULY	Improve self-esteem	7/9	Embrace self-compassion
AUGUST	Overcome imposter syndrome	8/13	Set goals to overcome self-doubt
SEPTEMBER	Stop bullying in its tracks	9/10	Understand and address bullying
<i>Managers:</i>	<i>Build a harmonious team</i>	<i>9/24</i>	<i>Build a positive workplace culture</i>
OCTOBER	Cope with financial hardships	10/8	Navigate complex economic times
NOVEMBER	Combat caregiver stress	11/12	Overcome challenges of dual caregiving
DECEMBER	Simplify your life	12/10	Simplify your life to calm your mind
<i>Managers:</i>	<i>Lead with empathy and self-awareness</i>	<i>12/3</i>	<i>Master emotional regulation to be a more effective leader</i>